

# Roman Chamomile Monograph



## Roman Chamomile

### Botanical Name

*Chamaemelum nobile*, *Anthemis nobilis*

### Synonyms

Garden chamomile, English chamomile

### Botanical Family

Asteraceae (Compositae)

### Method of Extraction

Steam distilled from flowers and buds

### Characteristics

Thin pale-yellow color with a sweet fruity-herbaceous aroma

### Description & Area Grown

Perennial plant with fern-like leaves, branched stems and small daisy-like flowers cultivated in England, Belgium, France, Chili, and Hungary

### Main Chemical Components

Esters 70–80%

Ketones 0–13%

Oxides 0–25%

Aldehydes 0–10%

Alcohols 10%

### Main Therapeutic Properties

Analgesic, anti-inflammatory, antiseptic, antispasmodic, carminative, digestive, sedative

### Safety Considerations

Non-toxic, non-irritant, non-sensitizing; no contraindications known



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